



Month of February...to the dedicated Holy Family

"The light which comes from the Holy Family encourages us to offer human warmth to other families." - Pope Francis

Each year, the Church celebrates the Holy Family during the month of February. Bridging the seasons of Christmas and Easter, during this time we reflect on the period that Jesus spent with his family between his birth and embarking on his public ministry. As Catholics, we should strive to model the Holy Family in our own family lives. We also celebrate the **Feast of the Presentation of our Lord (Candlemas) on February 2nd**, followed by the **Feast of St. Blaise (Blessing of the Throats) on February 3rd** and **Ash Wednesday on February 14th (Valentine's Day)**. As a reminder, Ash Wednesday takes precedence as a day of fasting and abstinence for Catholics and marks the beginning of the Lenten season. So, please be mindful and make plans to celebrate Valentine's before Valentine's Day this year!

What's happening at Sacred Heart Parish?



DRE Carmen Villa took a small group of young adults from our Parish to the **SEEK24 Catholic Conference in St. Louis on January 1-5**. Nearly 24,000 adults nationwide came together to unite as members of the Body of Christ and learn more about the Catholic faith.

Joined by Catholic speakers, artists, religious and clergy, they learned about becoming a visible, living witness to the Catholic faith. If you're a young adult in our Parish and are looking for community, contact Carmen at 940-300-8208.



Sacred Heart Parish celebrated the Birth of our Lord with three beautiful Christmas Masses on Dec 24-25. Thanks to all who helped make our Christmas services wonderful again this year.



O come, all ye Faithful!

Here at the start of February, we may have taken down our Christmas decorations, yet we recall the Infant Jesus once again on February 2—the feast of the Presentation of Jesus in the Temple. It is 40 days since Jesus' Nativity, and so Mary and Joseph bring the Divine Child to Simeon for a blessing, to make an offering of doves to God, and to mark the ritual purification of the Blessed Virgin Mary.

A Note from Father Joe

The hymn *Adeste Fidelis* (O come, all ye Faithful) is a perennial favorite of mine, and today I invoke

these words to all those who receive this newsletter. It has come to my attention that some of our Catholic neighbors regularly choose to watch the Mass on TV or Internet instead of coming to our beautiful Church for Sunday Eucharist. Some believe that the pandemic relieved us of our obligation, and that the “Mass-on-TV-as-a-substitute” provision was never rescinded. I must say clearly and directly: this is not the case!

We Catholics are indeed expected to attend Sunday Mass each and every Sunday and Holy Day unless we are prevented by some legitimate circumstance. Four years ago, the closure of our church rendered Mass attendance impossible. For those few weeks, your attendance was impossible, therefore no obligation could be placed on you. But ever since the churches opened up again, your obligation has been in place.

Please read carefully this excerpt from Bishop Olson's letter dated March 4, 2022:

*“If one feels sick or is exhibiting symptoms of COVID-19 or any other contagious virus, one should stay home from Mass. If one has responsibility for the care of a vulnerable person and legitimately has concerns of infecting that person with a virus, that one should feel obliged to stay home from Mass. If one does not feel safe in attending Mass for ongoing fear of contracting the virus, one should stay home. **The obligation to attend Mass remains in effect by virtue of Divine Law and the Precepts of the Church and, excepting legitimate reasons like the reasons listed above, binds every Catholic under penalty of grave sin.** If your health permits, you should plan on being physically present for the celebration of Mass on Sunday and Holy Days of Obligation.*

“While we know that viewing the celebration of Mass by means of live-streaming or television does not substitute for actual presence and participation at Mass, we also have learned that providing for live streaming of Mass is a very consoling service for those who are unable to be physically present for Mass with the community of their home parish..... I would like to restate my request that parishes consider maintaining this practice of live streaming for the sake of including shut-ins and those who are unable to be physically present especially for funerals and weddings.”

Thus, I reiterate: O come, all ye Faithful! The broadcast of our Mass is intended for those who physically cannot leave their home or hospital room. Therefore, do not deprive yourself of the graces that come from worthy reception of Holy Communion. Come for confession, and come back home to Jesus in the Eucharist. Come and be purified as Immaculate Mary, make your offering to God in his temple like Saint Joseph, and receive the Real Presence of the Son of God, just as Simeon did.

Yours in Christ Jesus – Fr. Joe



LENT

PRAYER • FASTING • ALMSGIVING

PRAY

Attend Mass more often

- Saturday (Vigil): 5pm
- Sunday: 8am & 10:30am
- Mon, Thurs & Fri: 8am
- Wednesday: 6pm

Devote time to Adoration

- Wednesday: 9am-6pm in Chapel
- Friday: 9am-6pm in Chapel
- First Friday: 9am-6pm in Church

Stay in Constant Prayer

- Pray continually throughout the day
- Spend time in reading & reflection
- Nourish your faith through FORMED
- Recite the Rosary as a family

Go to Confession

- Wednesday: 3:30pm - 4:30pm
- Saturday: 3:30pm - 4:30pm
- Fridays during Lent: 4pm - 6pm

Reflect on Stations of the Cross

- Fridays during Lent at 6pm in Church
- Good Friday: Live Stations on Church Grounds at 1:45pm

Observe the Days of Fasting

- Ash Wednesday and Good Friday

Observe the Days of Abstinence from Meat

- Ash Wednesday and Good Friday
- All Fridays during Lent

Make a Sacrifice and Stick to it

- Commit to stopping a sin you've been struggling with
- Give up something you desire like social media, screen time or certain food or drinks



FAST

GIVE

Help those in Need

- Give to local charities like ABBA, SH Food Pantry or Abigail's Arms

Give your Time, Talents and Treasures

- Make a special donation to support the Church, Capital Campaign, etc.
- Volunteer time in the community or sign up for a Parish ministry



Congregation Announcements!

Congratulations and blessings to our Sacred Heart parishioners who recently received Holy Sacraments for the first time!

BAPTISM

Eleanor Rose Haralson

Parents: Michael & Christina Haralson

Della Marie McEwen

Parents: Nathaniel & Karli McEwen

Sage Collins Miller

Parents: Austin & Mandy Miller

Stella Rae Sill

Parents: Bryson & Allie Sill

FIRST HOLY COMMUNION

Agnes Anne Grime

Stay Connected in Christ



Sign up today!
Text SHM1889

to 84576

Connect online at:
sacredheartmuenster.flocknote.com

Keep in touch with us via text with Mass times, ministry updates & more delivered to your phone!



SACRED HEART

CATHOLIC CHURCH

714 N. Main Street, Muenster, Texas 76252

Mailing Address:

212 E. 6th Street, Muenster, TX 76252

Pastor - Rev. Joseph Keating
Deacon - Rev. Mr. Gary Endres

Parish Office:

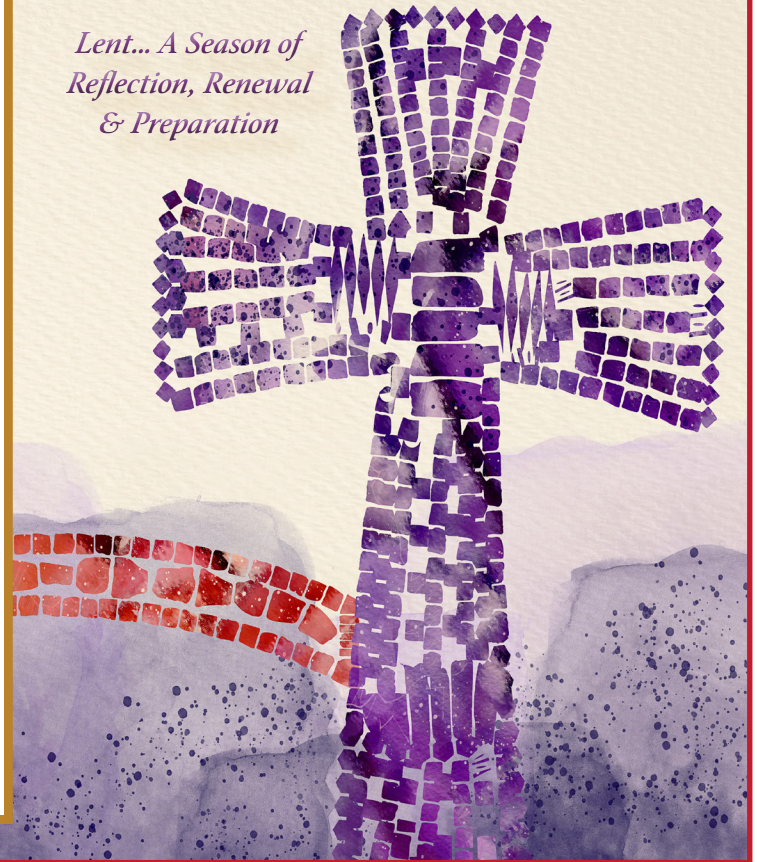
212 E. 6th Street, Muenster, Texas 76252

Open Monday - Friday (8am - 4pm)

(940) 759-2500

Website: <https://shchurchmuenster.com>

*Lent... A Season of
Reflection, Renewal
& Preparation*



SACRED HEART CATHOLIC CHURCH
212 EAST 6TH STREET
MUENSTER, TEXAS 76252

NONPROFIT ORG.
U.S. POSTAGE
PAID
MUENSTER, TX
PERMIT NO. 3

ECRWSS

POSTAL CUSTOMER
MUENSTER, TX 76252



SH Food Pantry needs You!
Items needed for February:

- Crackers
- Canned Soup
- Laundry Detergent
- Mac 'n Cheese
- Peanut Butter & Jelly
- Flour
- Sugar

DAILY PRAYERS FOR THE LENTEN SEASON

Morning Prayers

Dear Lord, as I begin my journey toward spiritual growth, help me to look deep within myself and let go of the old and embrace the new life that comes from you. Amen.

Father, help me to see this holy season of Lent as a time of spiritual renewal, rather than a time of deprivation. Motivate me to reach a new level of experiencing Your grace. Amen.

Evening Prayers

Heavenly Father, during this Lenten season, give me a new and expanded vision for my life. Help me to live full of faith. Teach me to find hope in the face of adversity. Amen.

For God alone my soul waits in silence; for Him comes my salvation. He only is my rock and my salvation, my fortress. I shall not be greatly moved. Amen. (Psalm 61:1-2)